

Abstract

Title: Coordination Training For Young Skiers.

Objectives: The aim of this thesis is to suggest a set of balance exercises suitable for the training of children`s coordination preconditions in the field of downhill skiing followed by the draft of training units and its use.

Methods: The literature research of available sources.

Results: The set of balance exercises for the training of coordination preconditions and the draft of training units focused on versatile physical development as well as the development of the coordination preconditions with the usage of balance and training tools.

Keywords: alpine skiing, coordination assumptions, school age, balance exercises, balancing aids